The Androcure Medicare Dosing Compendium

ANDROCURE
MEDICARE

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The Signature Cycle

Type of Gains	Very high Quality Lean Mass, Fat Loss
Cycle Lenght (Excluding PCT)	109 Day's
Total Detention Time	260 Day's

Products Included	Qty	Weekly Dose
Cypocure	5 X 10 ml - 250mg/ml	857 mg
Primocure	10 X 10 ml - 100mg/ml	700 mg
Boldacure	3 X 10 ml - 250mg/ml	583 mg
Trenecure	3 X 10 ml - 200mg/ml	467 mg
Provicare	440 X 25 mg Tabs	
HCG	3 X 200iu Vial	
Nolvadex	60 X 20 mg Tabs	

Week / Date	Day	Cypocure	Primocure	Boldacure	Trenecure	Provicare	HCG	Nolvodex
1	1	250 mg	300 mg	250 mg	200 mg	100 mg		
	2					100 mg		
	3					100 mg		
	4	250 mg	300 mg	250 mg	200 mg	100 mg		
	5					100 mg		
	6					100 mg		
	7	250 mg	300 mg	250 mg	200 mg	100 mg		
2	8					100 mg		
	9					100 mg		
	10	250 mg	300 mg	250 mg	200 mg	100 mg	500iu	10 mg
	11					100 mg		
	12					100 mg		
	13	250 mg	300 mg	250 mg	200 mg	100 mg		
	14					100 mg		
3	15					100 mg		
	16	250 mg	300 mg	250 mg	200 mg	100 mg		
	17					100 mg		
	18					100 mg		
	19	250 mg	300 mg	250 mg	200 mg	100 mg		
	20					100 mg	500iu	10 mg
	21					100 mg		
4	22	250 mg	300 mg	250 mg	200 mg	100 mg		
	23					100 mg		
	24					100 mg		
	25	250 mg	300 mg	250 mg	200 mg	100 mg		
	26					100 mg		
	27					100 mg		

Week / Date	Day	Cypocure	Primocure	Boldacure	Trenecure	Provicare	HCG	Nolvodex
	28	250 mg	300 mg	250 mg	200 mg	100 mg		
5	29					100 mg		
	30					100 mg	500iu	10 mg
	31	250 mg	300 mg	250 mg	200 mg	100 mg		
	32					100 mg		
	33					100 mg		
	34	250 mg	300 mg	250 mg	200 mg	100 mg		
	35					100 mg		
6	36					100 mg		
	37	250 mg	300 mg	250 mg	200 mg	100 mg		
	38					100 mg		
	39					100 mg		
	40	250 mg	300 mg	250 mg	200 mg	100 mg	500iu	10 mg
	41					100 mg		
	42					100 mg		
7	43	250 mg	300 mg	250 mg	200 mg	100 mg		
	44					100 mg		
	45					100 mg		
	46	250 mg	300 mg	250 mg	200 mg	100 mg		
	47					100 mg		
	48					100 mg		
	49	250 mg	300 mg	250 mg	200 mg	100 mg		
8	50					100 mg	500iu	10 mg
	51					100 mg		
	52	250 mg	300 mg	250 mg	200 mg	100 mg		
	53					100 mg		
	54					100 mg		
	55	250 mg	300 mg	250 mg	200 mg	100 mg		
	56					100 mg		
9	57					100 mg		
	58	250 mg	300 mg	250 mg	200 mg	100 mg		
	59					100 mg		
	60					100 mg	500iu	10 mg
	61	250 mg	300 mg	250 mg	200 mg	100 mg		
	62					100 mg		
	63					100 mg		
10	64	250 mg	300 mg	250 mg	200 mg	100 mg		
	65					100 mg		
	66					100 mg		
	67	250 mg	300 mg	250 mg	200 mg	100 mg		

Week / Date	Day	Cypocure	Primocure	Boldacure	Trenecure	Provicare	HCG	Nolvodex
	68					100 mg		
	69					100 mg		
	70	250 mg	300 mg	250 mg	200 mg	100 mg	500iu	10 mg
11	71					100 mg		
	72					100 mg		
	73	250 mg	300 mg	250 mg	200 mg	100 mg		
	74					100 mg		
	75					100 mg		
	76	250 mg	300 mg	250 mg	200 mg	100 mg		
	77					100 mg		
12	78					100 mg		
	79	250 mg	300 mg	250 mg	200 mg	100 mg		
	80					100 mg	500iu	10 mg
	81					100 mg		
	82	250 mg	300 mg	250 mg	200 mg	100 mg		
	83					100 mg		
	84					100 mg		
13	85	250 mg	300 mg	250 mg	200 mg	100 mg		
	86					100 mg		
	87					100 mg		
	88	250 mg	300 mg	250 mg	200 mg	100 mg		
	89					100 mg		
	90					100 mg	500iu	10 mg
	91	250 mg	300 mg			100 mg		
14	92					100 mg		
	93					100 mg		
	94	250 mg	300 mg			100 mg		
	95					100 mg		
	96					100 mg		
	97	250 mg	300 mg			100 mg		
	98					100 mg		
15	99					100 mg		
	100					100 mg	500iu	10 mg
	101					100 mg		
	102					100 mg		
	103					100 mg		
	104					100 mg		
	105					100 mg		
16	106					100 mg		

Week / Date	Day	Cypocure	Primocure	Boldacure	Trenecure	Provicare	HCG	Nolvodex
	107					100 mg		
	108					100 mg		
	109					100 mg		
	110						2000iu	100 mg
	111						1500iu	80 mg
	112						1000iu	60 mg
17	113						1000iu	60 mg
	114						1000iu	60 mg
	115						1000iu	60 mg
	116						1000iu	60 mg
	117						500iu	40 mg
	118						500iu	40 mg
	119						500iu	40 mg
	120							40 mg
	121							40 mg
	122							40 mg
	123							40 mg
	124							20 mg
	125							20 mg
	126							20 mg
	127							20 mg
	128							20 mg
	129							20 mg
	130							20 mg
	131							20 mg
	132							20 mg
	133							20 mg
	134							20 mg
	135							20 mg
	136							20 mg
	137							20 mg
	138							20 mg
	139							20 mg
	140							20 mg

Additional Notes

This is the signature cycle. This high premium cycle only uses products with the same half life to keep the cycle very simple. The gains made on this cycle will be of very high quality and this is deffinately a cycle that could be used as a once in a lifetime cycle for those only wishing to complete one cycle, however it it not really recommended for the novice as it contains trenbolone which is not ideal for the steroid novice. The weekly doses for each product work out at: Testosterone Cypionate 875mg/week, Primobolan 700mg/week, Boldenone 583mg/week, Trenbolone Enanthate 467mg/week. Testosterone Cypionate (Cyopcore) is used as it has slightly less estrogenic effects and retains slightly less water than Testosterone Enanthate, some will argue propionate would be a better choice but Cypionate is used in this cycle to keep injection days simple and you will already have enough to inject on this cycle, so cypionate was the simpler choice to use as none of the other products retain water or aromatize. The Boldenone (Veboldex) will produce slow steady high quality gains that will remain after cycle. The Primobolan (Primocure) will produce the highest quality gains and also burn fat, the dose is high (not extreme) as dose needs to be over 500mg a week to get full benefits, both the boldenone and primobolan have little to zero side effects. The Trenbolone enanthate is what will produce the kick in the cycle, this will produce great gains in mass whilst burning fat to produce lean muscle. The Provironum will act as an anti estrogen for the testosterone (others products not a worry) and it will enhance all products and increases the amount of circulating free testosterone in your body, burn fat and produce a harder look. The HCG is used throughout cycle just to maintain testicular fucntion, remember to store in refridgerator, 10mg (half a tb) of nolvadex is also taken same day as HCG simply to ensure no estrogen is produced, then both HCG and nolvadex are used for an aggressive PCT to restore full testicular function as quickly as possible. The products used in this cycle ensure zero estrogen, and you will achieve a very lean amount of mass that will be of very high quality and will remain once the cycle is complete.

Budget Short Mass Cycle

Type of Gains	Mass
Cycle Lenght (Excluding PCT)	69 Day's
Total Detention Time	145 Day's

Products Included	Qty
Testacure	2 X 10 ml - 250mg/ml
Danacare	180 X 10 mg Tabs
Nolvadex	30 X 20 mg Tabs

Week / Date	Day	Testacure	Danacare	Nolvadex
1	1	500 mg	30 mg	
	2		30 mg	
	3	250 mg	30 mg	
	4		30 mg	
	5		30 mg	
	6	250 mg	40 mg	
	7		40 mg	
2	8		40 mg	
	9	250 mg	40 mg	
	10		40 mg	
	11		40 mg	
	12	250 mg	40 mg	
	13		40 mg	
	14		40 mg	
3	15	250 mg	40 mg	
	16		40 mg	
	17		40 mg	
	18	250 mg	40 mg	
	19		40 mg	
	20		40 mg	
	21	250 mg	40 mg	
4	22		40 mg	
	23		40 mg	
	24	250 mg	40 mg	
	25		40 mg	
	26		40 mg	
	27	250 mg	40 mg	

Week / Date	Day	Testacure	Danacure	Nolvadex
	28		30 mg	
5	29		30 mg	
	30	250 mg	30 mg	
	31		30 mg	
	32		30 mg	
	33	250 mg	40 mg	
	34		40 mg	
	35		40 mg	
6	36	250 mg	35 mg	
	37		35 mg	
	38		35 mg	
	39	250 mg	35 mg	
	40		35 mg	
	41		30 mg	
	42	250 mg	30 mg	
7	43		30 mg	
	44		30 mg	
	45	250 mg	30 mg	
	46		25 mg	
	47		25 mg	
	48	250 mg	25 mg	
	49		25 mg	
8	50		20 mg	
	51	250 mg		
	52			
	53			
	54	250 mg		
	55			
	56			
9	57			
	58			
	59			
	60			
	61			
	62			
	63			
10	64			
	65			
	66			
	67			
	68			
	69			
	70			

Week / Date	Day	Testacure	Danacare	Nolvadex	
11	71			80 mg	PCT
	72			60 mg	
	73			40 mg	
	74			40 mg	
	75			40 mg	
	76			40 mg	
	77			20 mg	
12	78			20 mg	
	79			20 mg	
	80			20 mg	
	81			20 mg	
	82			20 mg	
	83			20 mg	
	84			20 mg	
13	85			20 mg	
	86			20 mg	

Additional Notes

This cycle is a short budget cycle for users looking to add some extra mass over a short period of time, or for those those on a limited budget. This cycle is very common among the novice steroid users. The weekly dosage from this cycle works out at 583.3mg per week of Testosterone. At the start of cycle the very first dose is 500mg to help you reach consistant levels quicker, this also applies for the second Injection having a day shorter gap compared to the remainder of the cycle. Also injecting every 3 days rather than once every six days will help levels be more constant during the cycle, and this is needed as this is a short cycle, it will also mean smaller injections so any muscle can be used. If you would prefer less frequent injections for this cycle you could double the dose and inject every 6 days rather than every 3 days but injectioning every 3 days will be more beneficial. Please note should you experience sensitive nipples which is the first signs of gyno, take 1 nolvadex tablet a day until sensitivity returns to normal, however you must ensure you have enough nolvadex for PCT so if some is needed during the cycle, it is strongly advised you purchase additional nolvadex to replace what you have used.

Basic Mass Gain Cycle

Type of Gains	Mass
Cycle Lenght (Excluding PCT)	84 Day's
Total Detention Time	160 Day's

Products Included	Qty
Testacure	3 X 10 ml - 250mg/ml
Danacare	360 X 10 mg Tabs
Nolvadex	30 X 20 mg Tabs

Week / Date	Day	Testacure	Danacare	Nolvadex
1	1	500 mg	30 mg	
	2		40 mg	
	3		50 mg	
	4		60 mg	
	5	500 mg	60 mg	
	6		60 mg	
	7		60 mg	
2	8		60 mg	
	9		60 mg	
	10	500 mg	60 mg	
	11		60 mg	
	12		60 mg	
	13		60 mg	
	14		60 mg	
3	15	500 mg	60 mg	
	16		60 mg	
	17		60 mg	
	18		60 mg	
	19		60 mg	
	20	500 mg	60 mg	
	21		60 mg	
4	22		60 mg	
	23		60 mg	
	24		60 mg	
	25	500 mg	60 mg	
	26		60 mg	
	27		60 mg	

Week / Date	Day	Testacure	Danacare	Nolvadex
	28		60 mg	
5	29		60 mg	
	30	500 mg	60 mg	
	31		60 mg	
	32		60 mg	
	33		60 mg	
	34		60 mg	
	35	500 mg	60 mg	
6	36		65 mg	
	37		65 mg	
	38		65 mg	
	39		65 mg	
	40	500 mg	65 mg	
	41		60 mg	
	42		60 mg	
7	43		60 mg	
	44		60 mg	
	45	500 mg	60 mg	
	46		60 mg	
	47		60 mg	
	48		60 mg	
	49		60 mg	
8	50	500 mg	60 mg	
	51		60 mg	
	52		60 mg	
	53		60 mg	
	54		60 mg	
	55	500 mg	60 mg	
	56		60 mg	
9	57		55 mg	
	58		50 mg	
	59		45 mg	
	60	500 mg	40 mg	
	61		35 mg	
	62		30 mg	
	63		25 mg	
10	64		20 mg	
	65	500 mg		
	66			
	67			
	68			
	69			
	70	500 mg		

Week / Date	Day	Testacure	Danacare	Nolvadex	
11	71				
	72				
	73				
	74				
	75				
	76				
	77				
12	78				
	79				
	80				
	81				
	82				
	83				
	84				
13	85			80 mg	PCT
	86			60 mg	
	87			40 mg	
	88			40 mg	
	89			40 mg	
	90			40 mg	
	91			40 mg	
14	92			20 mg	
	93			20 mg	
	94			20 mg	
	95			20 mg	
	96			20 mg	
	97			20 mg	
	98			20 mg	
15	99			20 mg	
	100			20 mg	
	101			20 mg	

Additional Notes

This cycle is your basic mass gain cycle, with weekly dose of 700mg of testosterone and daily dose of 60mg of Danacare. This cycle will produce great gains in strength and mass, and injections are only once every 5 days apart from start of cycle where the 2nd Injection is only 4 days after the first to help your body get more constant levels. Please note should you experience sensitive nipples which is the first signs of gyno, take 1 nolvadex tablet a day until sensitivity returns to normal, however you must ensure you have enough nolvadex for PCT so if some is needed during the cycle, it is strongly advised you purchase additional nolvadex to replace what you have used, ideally purchasing additional nolvadex at the time of purchasing this cycle is a very wise decision.

Beginner Basic Quality Cycle

Type of Gains	Quality Mass
Cycle Lenght (Excluding PCT)	84 Day's
Total Detention Time	235 Day's

Products Included	Qty
Testacure	2 X 10 ml - 250mg/ml
Boldacure	2 X 10 ml - 250mg/ml
Nolvadex	30 X 20 mg Tabs

Week / Date	Day	Testacure	Boldacure	Nolvadex
1	1	500 mg	500 mg	
	2			
	3			
	4	250 mg	250 mg	
	5			
	6			
	7			
2	8	250 mg	250 mg	
	9			
	10			
	11			
	12	250 mg	250 mg	
	13			
	14			
3	15			
	16	250 mg	250 mg	
	17			
	18			
	19			
	20	250 mg	250 mg	
	21			
4	22			
	23			
	24	250 mg	250 mg	
	25			
	26			
	27			

Week / Date	Day	Testacure	Boldacure	Nolvadex
	28	250 mg	250 mg	
5	29			
	30			
	31			
	32	250 mg	250 mg	
	33			
	34			
	35			
6	36	250 mg	250 mg	
	37			
	38			
	39			
	40	250 mg	250 mg	
	41			
	42			
7	43			
	44	250 mg	250 mg	
	45			
	46			
	47			
	48	250 mg	250 mg	
	49			
8	50			
	51			
	52	250 mg	250 mg	
	53			
	54			
	55			
	56	250 mg	250 mg	
9	57			
	58			
	59			
	60	250 mg	250 mg	
	61			
	62			
	63			
10	64	250 mg	250 mg	
	65			
	66			
	67			
	68	250 mg	250 mg	
	69			
	70			

Week / Date	Day	Testacure	Boldacure	Nolvadex	
11	71				
	72	250 mg	250 mg		
	73				
	74				
	75				
	76				
	77				
12	78				
	79				
	80				
	81				
	82				
	83				
	84				
13	85			80 mg	PCT
	86			60 mg	
	87			40 mg	
	88			40 mg	
	89			40 mg	
	90			40 mg	
	91			40 mg	
14	92			20 mg	
	93			20 mg	
	94			20 mg	
	95			20 mg	
	96			20 mg	
	97			20 mg	
	98			20 mg	
15	99			20 mg	
	100			20 mg	
	101			20 mg	

Additional Notes

This cycle is an ideal great value starter cycle for the steroid novice. The weekly dosage of each product works out at 437.5mg per week which is an ideal starting dose for a very first cycle for both products. The testosterone (Testacure) is the base of the cycle and the Boldenone (Boldacure) will produce good quality gains that will remain once cycle is finished, also equipoise does not retain water or aromatise, and has little to zero side effects. At the start of cycle the very first dose is 500mg of each product to help you reach consistant levels quicker, this also applies for the second injection having a day shorter gap compared to the remainder of the cycle. Also injecting every 4 days rather than once a week will help levels be more constant during the cycle. You can mix both products together in syringe for a single injection. There are also other good value oral products you could add to this cycle for additional effects. Adding a product like Danabol DS will produce more mass and strength, or adding Stanozolol (Strombear, Stanzol, Stanztabs, Azolol) will produce some more definition and extra strength gains.

High Mass Development Cycle

Type of Gains	Very high Quality Lean Mass, Fat Loss
Cycle Lenght (Excluding PCT)	102 Day's
Total Detention Time	630 Day's

Products Included	Qty	Weekly Dose
Testacure	6 X 10 ml - 250mg/ml	1167 mg
Boldacure	2 X 10 ml - 250mg/ml	583 mg
Decacure	2 X 10 ml - 250mg/ml	467 mg
Trenecure	2 X 10 ml - 200mg/ml	467 mg
Oxycare	100 X 50 mg Tabs	
Provicare	200 X 25 mg Tabs	
HCG	3 X 5000iu Vial	
Nolvadex	60 X 20 mg Tabs	

Week / Date	Day	Testacure	Boldacure	Decacure	Trenecure	Oxycare	Provicare	HCG	Nolvadex
1	1	500 mg	250 mg	250 mg	200 mg	100 mg	50 mg		
	2					100 mg	50 mg		
	3					100 mg	50 mg		
	4	500 mg	250 mg	250 mg	200 mg	100 mg	50 mg		
	5					100 mg	50 mg		
	6					100 mg	50 mg		
	7	500 mg	250 mg	250 mg	200 mg	100 mg	50 mg		
2	8					100 mg	50 mg		
	9					100 mg	50 mg		
	10	500 mg	250 mg	250 mg	200 mg	100 mg	50 mg	500iu	10 mg
	11					100 mg	50 mg		
	12					100 mg	50 mg		
	13	500 mg	250 mg	250 mg	200 mg	100 mg	50 mg		
	14					100 mg	50 mg		
3	15					100 mg	50 mg		
	16	500 mg	250 mg	250 mg	200 mg	100 mg	50 mg		
	17					100 mg	50 mg		
	18					100 mg	50 mg		
	19	500 mg	250 mg	250 mg	200 mg	100 mg	50 mg		
	20					100 mg	50 mg	500iu	10 mg
	21					100 mg	50 mg		
4	22	500 mg	250 mg	250 mg	200 mg	100 mg	50 mg		
	23					100 mg	50 mg		
	24					100 mg	50 mg		
	25	500 mg	250 mg	250 mg	200 mg	100 mg	50 mg		
	26					100 mg	50 mg		
	27					100 mg	50 mg		

Week / Date	Day	Testacure	Boldacure	Decacure	Trenecure	Oxycare	Provicare	HCG	Nolvadex
	28	500 mg	250 mg	250 mg	200 mg	100 mg	50 mg		
5	29					100 mg	50 mg		
	30					100 mg	50 mg	500iu	10 mg
	31	500 mg	250 mg	250 mg	200 mg	100 mg	50 mg		
	32					100 mg	50 mg		
	33					100 mg	50 mg		
	34	500 mg	250 mg	250 mg	200 mg	100 mg	50 mg		
	35					100 mg	50 mg		
6	36					100 mg	50 mg		
	37	500 mg	250 mg	250 mg	200 mg	100 mg	50 mg		
	38					100 mg	50 mg		
	39					100 mg	50 mg		
	40	500 mg	250 mg	250 mg	200 mg	100 mg	50 mg	500iu	10 mg
	41					100 mg	50 mg		
	42					100 mg	50 mg		
7	43	500 mg	250 mg	250 mg	200 mg	100 mg	50 mg		
	44					100 mg	50 mg		
	45					100 mg	50 mg		
	46	500 mg	250 mg	250 mg	200 mg	100 mg	50 mg		
	47					100 mg	50 mg		
	48					100 mg	50 mg		
	49	500 mg	250 mg	250 mg	200 mg	100 mg	50 mg		
8	50					100 mg	50 mg	500iu	10 mg
	51						50 mg		
	52	500 mg	250 mg	250 mg	200 mg		50 mg		
	53						50 mg		
	54						50 mg		
	55	500 mg	250 mg	250 mg	200 mg		50 mg		
	56						50 mg		
9	57						50 mg		
	58	500 mg	250 mg	250 mg	200 mg		50 mg		
	59						50 mg		
	60						50 mg	500iu	10 mg
	61	500 mg	250 mg	250 mg	200 mg		50 mg		
	62						50 mg		
	63						50 mg		
10	64	500 mg	250 mg	250 mg	200 mg		50 mg		
	65						50 mg		
	66						50 mg		
	67	500 mg	250 mg	250 mg	200 mg		50 mg		
	68						50 mg		
	69						50 mg		
	70	500 mg	250 mg	250 mg	200 mg		50 mg	500iu	10 mg
11	71						50 mg		

Week / Date	Day	Testacure	Boldacure	Decacure	Trenegen	Oxycare	Provicare	HCG	Nolvadex	
	72						50 mg			
	73	500 mg	250 mg	250 mg	200 mg		50 mg			
	74						50 mg			
	75						50 mg			
	76	500 mg	250 mg	250 mg	200 mg		50 mg			
	77						50 mg			
12	78						50 mg			
	79	500 mg	250 mg	250 mg	200 mg		50 mg			
	80						50 mg	500iu	10 mg	
	81						50 mg			
	82	500 mg	250 mg	250 mg	200 mg		50 mg			
	83						50 mg			
	84						50 mg			
13	85	500 mg	250 mg	250 mg	200 mg		50 mg			
	86						50 mg			
	87						50 mg			
	88	500 mg	250 mg	250 mg	200 mg		50 mg			
	89						50 mg			
	90						50 mg	500iu	10 mg	
	91						50 mg			
14	92						50 mg			
	93						50 mg			
	94						50 mg			
	95						50 mg			
	96						50 mg			
	97						50 mg			
	98						50 mg			
15	99						25 mg			
	100						25 mg			
	101						25 mg			
	102						25 mg			
	103							1000iu	100 mg	PCT
	104							1000iu	80 mg	
	105							1000iu	60 mg	
16	106							1000iu	60 mg	
	107							1000iu	60 mg	
	108							1000iu	60 mg	
	109							1000iu	60 mg	
	110							500iu	40 mg	
	111							500iu	40 mg	
	112							500iu	40 mg	
11	113							500iu	40 mg	
	114							500iu	40 mg	
	115							500iu	40 mg	

Week / Date	Day	Testacure	Boldacure	Decacure	Trenecure	Oxycare	Provicare	HCG	Nolvadex
	116							500iu	40 mg
	117								20 mg
	118								20 mg
	119								20 mg
	120								20 mg
	121								20 mg
12	122								20 mg
	123								20 mg
	124								20 mg
	125								20 mg
	126								20 mg
	127								20 mg
	128								20 mg
13	129								20 mg
	130								20 mg
	131								20 mg
	132								20 mg

Additional Notes

This cycle will produce quality mass gains, the Testacure was used in this cycle as it has the same the as other products used, the Boldacure and Decacure will slowly. produce quality gains in mess, the Trenecure will produce lean gains and tum fat, the cycle is kick started with Oxycare which will produce great gains in mass and strength, the provicare is aded to enhance all other products and increase free testosterone in your body and also work as an anti estrogen.
All products can be mixed in the came syringa, if mixing all then the glutes would be anly ideal injection spot to use.

Lean Strength Cycle

Type of Gains	Lean Mass, Strenght, Fat Loss
Cycle Lenght (Excluding PCT)	61 Day's
Total Detention Time	210 Day's

Products Included	Qty	Weekly Dose
Propacure	3 X 10 ml - 100mg/ml	525 mg
Mastacure	3 X 10 ml - 100mg/ml	350 mg
Trenacure	3 X 10 ml - 100mg/ml	350 mg
Rexacare	200 X 10 mg Tabs	
Oxanacare	300 X 10 mg Tabs	
Provicare	120 X 25 mg Tabs	
Nolvadex	30 X20 mg Tabs	

Week / Date	Day	Propacure	Mastacure	Trenacure	Rexacare	Oxanacare	Provicare	Nolvodex
1	1	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
	2				40 mg	50 mg	50 mg	
	3	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
	4				40 mg	50 mg	50 mg	
	5	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
	6				40 mg	50 mg	50 mg	
	7	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
2	8				40 mg	50 mg	50 mg	
	9	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
	10				40 mg	50 mg	50 mg	
	11	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
	12				40 mg	50 mg	50 mg	
	13	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
	14				40 mg	50 mg	50 mg	
3	15	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
	16				40 mg	50 mg	50 mg	
	17	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
	18				40 mg	50 mg	50 mg	
	19	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
	20				40 mg	50 mg	50 mg	
	21	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
4	22				40 mg	50 mg	50 mg	
	23	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
	24				40 mg	50 mg	50 mg	
	25	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
	26				40 mg	50 mg	50 mg	
	27	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	

Week / Date	Day	Propacure	Mastacure	Trenacure	Rexacare	Oxanacare	Provicare	Nolvodex
	28				40 mg	50 mg	50 mg	
5	29	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
	30				40 mg	50 mg	50 mg	
	31	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
	32				40 mg	50 mg	50 mg	
	33	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
	34				40 mg	50 mg	50 mg	
	35	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
6	36				40 mg	50 mg	50 mg	
	37	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
	38				40 mg	50 mg	50 mg	
	39	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
	40				40 mg	50 mg	50 mg	
	41	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
	42				40 mg	50 mg	50 mg	
7	43	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
	44				40 mg	50 mg	50 mg	
	45	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
	46				40 mg	50 mg	50 mg	
	47	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
	48				40 mg	50 mg	50 mg	
	49	200 mg	100 mg	100 mg	40 mg	50 mg	50 mg	
8	50					50 mg	50 mg	
	51	200 mg	100 mg	100 mg		50 mg	50 mg	
	52					50 mg	50 mg	
	53	200 mg	100 mg	100 mg		50 mg	50 mg	
	54					50 mg	50 mg	
	55	200 mg	100 mg	100 mg		50 mg	50 mg	
	56					50 mg	50 mg	
9	57	200 mg	100 mg	100 mg		50 mg	50 mg	
	58					50 mg	50 mg	
	59	200 mg	100 mg	100 mg		50 mg	50 mg	
	60					50 mg	50 mg	
	61							
	62							60 mg
	63							60 mg
10	64							40 mg
	65							40 mg
	66							40 mg
	67							40 mg
	68							20 mg
	69							20 mg
	70							20 mg
11	71							20 mg

Week / Date	Day	Propacure	Mastacure	Trenacure	Rexacare	Oxanacare	Provicare	Nolvodex
	72							20 mg
5	73							20 mg
	74							20 mg
	75							20 mg
	76							20 mg
	77							20 mg
	75							20 mg
	76							20 mg
6	77							20 mg
	78							20 mg
	79							20 mg
	80							20 mg
	81							20 mg

Additional Notes

This cycle will produce very lean gains with great definition and fat loss and also some good strength gains, All products used are cutting products so do not expect huge gains in mass, but all gains will be very lean. You will retain little water on this cycle so fish oil supplements are highly recommended, you could also extend the length of this cycle if extra products are purchased. There should be zero estrogenic side effects from this cycle. All Injectable products can be mixed in same syringe for a single injection. This cycle is ideal for anyone looking to gain more definition and extra strength without extra mass, although not recommended for the athlete as detection time is quite long, However the Injection period could be reduced by a months if the user was to replace the Trenacure, the dose would be lower 100mg becomes 75mg but the detection period is a lot shorter, if it is desired to replace the Tren acetate (Trenacure) with Tren mex' simply add the request in the customer comments box during checkout, this would then give the cycle a total detection period of 120 days.

Athletics Short 55 Day Cycle

Type of Gains	Mass
Cycle Lenght (Excluding PCT)	41 Day's
Total Detention Time	55 Day's

Products Included	Qty
Propacure	4 X 10 ml - 150mg/ml
Rexacare	100 X 10 mg Tabs
Oxanacare	200 X 20 mg Tabs
Nolvadex	30 X 20 mg Tabs

Gray block indicates Detention Time

Week / Date	Day	Propacure	Rexacare	Oxanacare	Nolvadex
1	1	200 mg	30 mg	60 mg	
	2		30 mg	60 mg	
	3	200 mg	30 mg	60 mg	
	4		30 mg	60 mg	
	5	200 mg	30 mg	60 mg	
	6		30 mg	60 mg	
	7	200 mg	30 mg	60 mg	
2	8		30 mg	60 mg	
	9	200 mg	30 mg	60 mg	
	10		30 mg	60 mg	
	11	200 mg	30 mg	60 mg	
	12		30 mg	60 mg	
	13	200 mg	30 mg	60 mg	
	14		30 mg	60 mg	
3	15	200 mg	30 mg	60 mg	
	16		30 mg	60 mg	
	17	200 mg	30 mg	60 mg	
	18		30 mg	60 mg	
	19	200 mg	30 mg	60 mg	
	20		30 mg	60 mg	
	21	200 mg	30 mg	60 mg	
4	22		30 mg	60 mg	
	23	200 mg	30 mg	60 mg	
	24		30 mg	60 mg	
	25	200 mg	30 mg	60 mg	
	26		30 mg	60 mg	
	27	200 mg	30 mg	60 mg	
	28		30 mg	60 mg	
5	29	200 mg	30 mg	60 mg	
	30		30 mg	60 mg	

Week / Date	Day	Propacure	Rexacare	Oxanacare	Nolvadex
	31	200 mg	30 mg	60 mg	
	32		30 mg	60 mg	
	33	200 mg	30 mg	60 mg	
	34				
	35	200 mg			
6	36				
	37	200 mg			
	38				
	39	200 mg			
	40				
	41				
	42				
7	43				
	44				
	45				
	46				
	47				
	48				
	49				
8	50				
	51				
	52				
	53				
	54				
	55				
	56				80 mg
9	57				60 mg
	58				40 mg
	59				40 mg
	60				40 mg
	61				40 mg
	62				20 mg
	63				20 mg
10	64				20 mg
	65				20 mg
	66				20 mg
	67				20 mg
	68				20 mg
	69				20 mg
	70				20 mg
11	71				20 mg
	72				20 mg
	73				20 mg
	74				20 mg
	75				20 mg

Additional Notes

This cycle is a cycle aimed to produce strength gains and burn fat without adding extra mass while also keeping a low detection period. The Oxanacare and Rexacare are used to provide extra gains in strength and to burn fat without adding extra mass gains. All products used are chose for their short detection times and they will not be detectable from day 56.

Athletics 75 Day Cycle

Type of Gains	Explosive Strenght
Cycle Lenght (Excluding PCT)	61 Day's
Total Detention Time	75 Day's

Products Included	Qty	Weekly Dose
Propacure	3 X 10 ml - 100mg/ml	525 mg
Mastacure	1 X 10 ml - 100mg/ml	437.5 mg (First 2 Weeks)
Rexacare	200 X 20 mg Tabs	
Oxanacare	250 X 10 mg Tabs	
Halocare	30 X 20 mg Tabs	
Nolvadex	30 X 20 mg Tabs	

Gray block indicates Detention Time

Week / Date	Day	Propacure	Mastacure	Rexacare	Oxanacare	Halocare	Nolvadex
1	1	200 mg	100 mg	40 mg	50 mg	40 mg	
	2			40 mg	50 mg	40 mg	
	3	200 mg	100 mg	40 mg	50 mg	40 mg	
	4			40 mg	50 mg	40 mg	
	5	200 mg	100 mg	40 mg	50 mg	40 mg	
	6			40 mg	50 mg	40 mg	
	7	200 mg	100 mg	40 mg	50 mg	40 mg	
2	8			40 mg	50 mg	40 mg	
	9	200 mg	100 mg	40 mg	50 mg	40 mg	
	10			40 mg	50 mg	40 mg	
	11	200 mg	100 mg	40 mg	50 mg	40 mg	
	12			40 mg	50 mg	40 mg	
	13	200 mg	100 mg	40 mg	50 mg	40 mg	
	14			40 mg	50 mg	40 mg	
3	15	200 mg	100 mg	40 mg	50 mg	40 mg	
	16			40 mg	50 mg		
	17	200 mg		40 mg	50 mg		
	18			40 mg	50 mg		
	19	200 mg		40 mg	50 mg		
	20			40 mg	50 mg		
	21	200 mg		40 mg	50 mg		
4	22			40 mg	50 mg		
	23	200 mg		40 mg	50 mg		
	24			40 mg	50 mg		
	25	200 mg		40 mg	50 mg		
	26			40 mg	50 mg		
	27	200 mg		40 mg	50 mg		
	28			40 mg	50 mg		

Week / Date	Day	Propacure	Mastacure	Rexacare	Oxanacare	Halocare	Nolvadex
5	29	200 mg		40 mg	50 mg		
	30			40 mg	50 mg		
	31	200 mg		40 mg	50 mg		
	32			40 mg	50 mg		
	33	200 mg		40 mg	50 mg		
	34			40 mg	50 mg		
	35	200 mg		40 mg	50 mg		
6	36			40 mg	50 mg		
	37	200 mg		40 mg	50 mg		
	38			40 mg	50 mg		
	39	200 mg		40 mg	50 mg		
	40			40 mg	50 mg		
	41	200 mg		40 mg	50 mg		
	42			40 mg	50 mg		
7	43	200 mg		40 mg	50 mg		
	44			40 mg	50 mg		
	45	200 mg		40 mg	50 mg		
	46			40 mg	50 mg		
	47	200 mg		40 mg	50 mg		
	48			40 mg	50 mg		
	49	200 mg		40 mg	50 mg		
8	50			40 mg	50 mg		
	51	200 mg					
	52						
	53	200 mg					
	54						
	55	200 mg					
	56						
9	57	200 mg					
	58						
	59	200 mg					
	60						
	61						
	62						80 mg
	63						60 mg
10	64						40 mg
	65						40 mg
	66						40 mg
	67						40 mg
	68						20 mg
	69						20 mg
	70						20 mg
11	71						20 mg
	72						20 mg

Week / Date	Day	Propacure	Mastacure	Rexacare	Oxanacare	Halocare	Nolvadex
	73						20 mg
	74						20 mg
	75						20 mg
	76						20 mg
	77						20 mg
12	78						20 mg
	79						20 mg
	80						20 mg
	81						20 mg

Additional Notes

This cycle is a cycle aimed to produce explosive strength gains without acding extra mass while also keeping a low detection period. The Mastacure and Halocare used at very start of the cycle with provide quick boosts in explosive strength, the user may find aggression a common side effect during the first 2 weeks of the cycle, this will pass in the following weeks. The aggression is caused by the Halocare to increase gains in strength through extra aggression during workouts. The Oxanacare and Rexacare are used to provide extra gains in strength and to burn fat without adding extra mass gains. All products used are chosed for their short detection times and they will not be detectable from day 76.

Rugby Off Season Back Cycle

Type of Gains	Explosive Strenght
Cycle Lenght (Excluding PCT)	82 Day's
Total Detention Time	95 Day's

Products Included	Qty	Weekly Dose
Propacure	3 X 10 ml - 100mg/ml	700 mg
Primocure	6 X 10 ml - 100mg/ml	525 mg
Rexacare	300 X 10 mg Tabs	
Oxanacare	300 X 10 mg Tabs	
Halocare	30 X 20 mg Tabs	
Nolvadex	30 X 20 mg Tabs	

Gray block indicates Detention Time

Week / Date	Day	Propacure	Primocure	Rexacare	Oxanacare	Halocare	Nolvadex
1	1	200 mg	300 mg	30 mg	30 mg	20 mg	
	2			30 mg	30 mg	20 mg	
	3	200 mg		30 mg	30 mg	20 mg	
	4			30 mg	30 mg	20 mg	
	5	200 mg	300 mg	30 mg	30 mg	20 mg	
	6			30 mg	30 mg	20 mg	
	7	200 mg		30 mg	30 mg	20 mg	
2	8			30 mg	30 mg	20 mg	
	9	200 mg	300 mg	30 mg	30 mg	20 mg	
	10			30 mg	30 mg	20 mg	
	11	200 mg		30 mg	30 mg	20 mg	
	12			30 mg	30 mg	20 mg	
	13	200 mg	300 mg	30 mg	30 mg	20 mg	
	14			30 mg	30 mg	20 mg	
3	15	200 mg		30 mg	30 mg	20 mg	
	16			30 mg	30 mg	20 mg	
	17	200 mg	400 mg	30 mg	30 mg	20 mg	
	18			30 mg	30 mg	20 mg	
	19	200 mg		30 mg	30 mg	20 mg	
	20			30 mg	30 mg	20 mg	
	21	200 mg	400 mg	30 mg	30 mg	20 mg	
4	22			30 mg	30 mg	20 mg	
	23	200 mg		30 mg	30 mg	20 mg	
	24			30 mg	30 mg	20 mg	
	25	200 mg	400 mg	30 mg	30 mg	20 mg	
	26			30 mg	30 mg	20 mg	
	27	200 mg		30 mg	30 mg	20 mg	
	28			30 mg	30 mg	20 mg	

Week / Date	Day	Propacure	Primocure	Rexacare	Oxanacare	Halocare	Nolvadex
5	29	200 mg	400 mg	30 mg	30 mg	20 mg	
	30			30 mg	30 mg	20 mg	
	31	200 mg		50 mg	50 mg		
	32			50 mg	50 mg		
	33	200 mg	400 mg	50 mg	50 mg		
	34			50 mg	50 mg		
	35	200 mg		50 mg	50 mg		
6	36			50 mg	50 mg		
	37	200 mg	400 mg	50 mg	50 mg		
	38			50 mg	50 mg		
	39	200 mg		50 mg	50 mg		
	40			50 mg	50 mg		
	41	200 mg	400 mg	50 mg	50 mg		
	42			50 mg	50 mg		
7	43	200 mg		50 mg	50 mg		
	44			50 mg	50 mg		
	45	200 mg	400 mg	50 mg	50 mg		
	46			50 mg	50 mg		
	47	200 mg		50 mg	50 mg		
	48			50 mg	50 mg		
	49	200 mg	400 mg	50 mg	50 mg		
8	50			50 mg	50 mg		
	51	200 mg		50 mg	50 mg		
	52			50 mg	50 mg		
	53	200 mg	400 mg	50 mg	50 mg		
	54			50 mg	50 mg		
	55	200 mg		50 mg	50 mg		
	56			50 mg	50 mg		
9	57	200 mg	400 mg	50 mg	50 mg		
	58			50 mg	50 mg		
	59	200 mg		50 mg	50 mg		
	60			50 mg	50 mg		
	61	200 mg	400 mg	50 mg	50 mg		
	62			50 mg	50 mg		
	63	200 mg		50 mg	50 mg		
10	64			50 mg	50 mg		
	65	200 mg		50 mg	50 mg		
	66			50 mg	50 mg		
	67	200 mg		50 mg	50 mg		
	68			50 mg	40 mg		
	69	200 mg		50 mg	40 mg		
	70			50 mg	30 mg		
11	71	200 mg		50 mg	30 mg		
	72			50 mg	20 mg		

Week / Date	Day	Propacure	Primocure	Rexacare	Oxanacare	Halocare	Nolvadex
	73	200 mg					
	74						
	75	200 mg					
	76						
	77	200 mg					
12	78						
	79	200 mg					
	80						
	81						
	82						
	83						80 mg
	84						60 mg
13	85						40 mg
	86						40 mg
	87						40 mg
	88						40 mg
	89						20 mg
	90						20 mg
	91						20 mg
14	92						20 mg
	93						20 mg
	94						20 mg
	95						20 mg
	96						20 mg
	97						20 mg
	98						20 mg
15	99						20 mg
	100						20 mg
	101						20 mg

Additional Notes

This cycle is specifically designed for Rugby Off season and tailored for backs or players looking to gain extra lean quality muscle and explosive strength from a single cycle without gaining too much extra bulk mass. This cycle also tries to cram as much as possible into the one cycle when only one cycle a year will be possible. The red on the table indicates the products detection period, so on day 96 your body will be clear of detectable products. The Testosterone dose is 700mg per week and is testosterone propionate which is fast acting and has the shortest detection time. The Primocure dose is 700mg per week except for first few weeks which is slightly lower, this is simply due to cost and other faster acting products will be working at that time. Primocure needs to be run at high dose above 500mg/week to fully benefit from it, the Primocure is injected every 4 days, it is not advised to mix with propionate, it is advised to inject the Primocure into Glutes alternatively as 4ml is a large enough injection, the 1ml propionate injection can then be rotated between smaller muscles. The Rexacare will add lean muscle and extra strength and will not retian water, the oral Stanozolol is used as it has a mucher shorter detection time compared to the injectable version. The remaining Oxanacare and Halo are added simply as strength gainers, the Halo is the stronger but has a longer detection period so only used at start of the cycle, it would be best to take 1 hour prior to workout, this will add extra aggression which is utilized during workouts and will also provide explosive strength gains. The Oxanacare has a shorter detection time so can be used for longer, you could also increase the dose a bit more if desired, but it is expensive. Milk thistle is also strongly advised to be used with this cycle at a dose of 140-280mg per day. The only product that may produce side effects is the halo which will cause aggression, All products used in this cycle will not retain water or aromatize.

Rugby Off Season Forward Cycle

Type of Gains	Lean Mass, Strenght
Cycle Lenght (Excluding PCT)	82 Day's
Total Detention Time	95 Day's

Products Included	Qty	Weekly Dose
Propacure	3 X 10 ml - 100mg/ml	525 mg
Hexacure	3 X 10 ml - 100mg/ml	350 mg
Oxanacare	3 X 10 ml - 100mg/ml	350 mg
Danacare	200 X 10 mg Tabs	
Provicare	300 X 10 mg Tabs	
Halocare	120 X 25 mg Tabs	
Nolvadex	30 X20 mg Tabs	

Gray block indicates Detention Time

Week / Date	Day	Propacure	Hexacure	Oxanacare	Danacare	Provicare	Halocare	Nolvodex
1	1	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	An Extra bottle of 30x20mg Nolvadex tablets have been added as it is very likely they may be needed at some point during this period of the cycle, even though the Provironum will act as an anti estrogen some signs of gyno may still develop for sensitive individuals, Always better to be safe than sorry, any nolvadex that is not used can simply be added to PCT.
	2			30 mg	60 mg	100 mg	20 mg	
	3	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	4			30 mg	60 mg	100 mg	20 mg	
	5	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	6			30 mg	60 mg	100 mg	20 mg	
	7	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
2	8			30 mg	60 mg	100 mg	20 mg	
	9	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	10			30 mg	60 mg	100 mg	20 mg	
	11	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	12			30 mg	60 mg	100 mg	20 mg	
	13	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	14			30 mg	60 mg	100 mg	20 mg	
3	15	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	16			30 mg	60 mg	100 mg	20 mg	
	17	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	18			30 mg	60 mg	100 mg	20 mg	
	19	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	20			30 mg	60 mg	100 mg	20 mg	
	21	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
4	22			30 mg	60 mg	100 mg	20 mg	
	23	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	24			30 mg	60 mg	100 mg	20 mg	
	25	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	26			30 mg	60 mg	100 mg	20 mg	
	27	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	

Week / Date	Day	Propacure	Hexacure	Oxanacare	Danacare	Provicare	Halocare	Nolvodex
	28			30 mg	60 mg	100 mg	20 mg	
5	29	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	30			30 mg	60 mg	100 mg	20 mg	
	31	200 mg	75 mg	50 mg	70 mg	100 mg		
	32			50 mg	70 mg	100 mg		
	33	200 mg	75 mg	50 mg	70 mg	100 mg		
	34			50 mg	70 mg	100 mg		
	35	200 mg	75 mg	50 mg	70 mg	100 mg		
6	36			50 mg	80 mg	100 mg		
	37	200 mg	75 mg	50 mg	80 mg	100 mg		
	38			50 mg	80 mg	100 mg		
	39	200 mg	75 mg	50 mg	80 mg	100 mg		
	40			50 mg	80 mg	100 mg		
	41	200 mg	75 mg	50 mg	70 mg	100 mg		
	42			50 mg	70 mg	100 mg		
7	43	200 mg	75 mg	50 mg	70 mg	100 mg		
	44			50 mg	70 mg	100 mg		
	45	200 mg	75 mg	50 mg	70 mg	100 mg		
	46			50 mg	60 mg	100 mg		
	47	200 mg	75 mg	50 mg	60 mg	100 mg		
	48			50 mg	60 mg	100 mg		
	49	200 mg	75 mg	50 mg	60 mg	100 mg		
8	50			50 mg	60 mg	100 mg		
	51	200 mg	75 mg	50 mg	55 mg	100 mg		
	52			50 mg	50 mg	100 mg		
	53	200 mg	75 mg	50 mg	45 mg	100 mg		
	54			50 mg	40 mg	100 mg		
	55	200 mg	75 mg	50 mg	35 mg	100 mg		
	56			50 mg	30 mg	100 mg		
9	57	200 mg	75 mg	50 mg	25 mg	100 mg		
	58			50 mg	20 mg	100 mg		
	59	200 mg	75 mg	50 mg				
	60			50 mg				
	61	200 mg		50 mg				
	62			50 mg				
	63	200 mg		50 mg				
10	64			50 mg				
	65	200 mg		50 mg				
	66			50 mg				
	67	200 mg		50 mg				
	68			50 mg				
	69	200 mg		50 mg				
	70			50 mg				
11	71	200 mg		50 mg				

Week / Date	Day	Propacure	Hexacure	Oxanacare	Rexacare	Provicare	Halocare	Nolvodex	
	72			50 mg					
	73	200 mg							
	74								
	75	200 mg							
	76								
	77	200 mg							
12	78								
	79	200 mg							
	80								
	81								
	82								
	83							80 mg	PCT
	84							60 mg	
13	85							40 mg	
	86							40 mg	
	87							40 mg	
	88							40 mg	
	89							20 mg	
	90							20 mg	
	91							20 mg	
14	92							20 mg	
	93							20 mg	
	94							20 mg	
	95							20 mg	
	96							20 mg	
	97							20 mg	
	98							20 mg	
15	99							20 mg	
	100							20 mg	
	101							20 mg	

Additional Notes

This cycle is specifically designed for Rugby Off season and tailored for forwards or players looking to gain as much mass and strength possible from a single cycle with short detection time after. This cycle also tries to cram as much as possible into the one cycle when only one cycle a year will be possible. The red on the table ndicates the products detection period, so on day 96 your body will be clear of detectable products. The Testosterone dose is 700mg per week and is testosterone propionate which is fast acting and has the shortest detection time. The Trenbolone Hex is the only Trenbolone suitable for this cycle as Trenbolone Hex has a detection time of 5 weeks compared to Trenbolone Acetate or Trenbolone Enanthate which both have detections times of upto 5 months. the Hexacure could also be injected less frequently but to keep the cycle simple it can be injected with the propionate, there are 2 benefits, the injection will be smaller (but more frequent) so you have a wider choice of muscles you can inject, also it can be mixed with the propionate in the same syringe for a single 2ml injection every other day.
The Danacare will simply add mass, Danacare is used over Oxymetholone (naps) as Danacare can be run for longer as opposed to Oxymetholone which has a onger detection period, and as this is an off season cycle the Danacare doses are slightly above average (not extreme), additional nolvadex has been added incase any signs of gyno develop. The Provicare has been added to cycle to also act as an anti estrogen whilst Danacare is being used, it will also enhance all other products especially the testosterone. The remaining Oxanacare and Halo are added simply as strength gainers, the Halo is the stronger but has a longer detection period so only used at start of the cycle, it would be best to take 1 hour prior to workout, this will add extra aggression which is utilized during workouts.
The Oxanacare has a shorter detection time so can be used for longer, you could also increase the dose a bit more if desired, but it is expensive. Milk thistle is also Strongly advised to be used with this cycle during the first 60 days at dose of 140-280mg per day.

MMA Strength Cycle

Type of Gains	Quality Strenght, Fat Loss
Cycle Lenght (Excluding PCT)	81 Day's
Total Detention Time	140 Day's

Products Included	Qty	Weekly Dose
Propacure	4 X 10 ml - 100mg/ml	525 mg
Rexocure	7 X 10 ml - 100mg/ml	525 mg
Primocure	3 X 10 ml - 100mg/ml	525 mg
Danacare	200 X 10 mg Tabs	
Halocare	90 X 20 mg Tabs	
Provicare	160 X 25 mg Tabs	
Nolvadex	30 X20 mg Tabs	

Gray block indicates Detention Time

Week / Date	Day	Propacure	Rexocure	Primocure	Danacare	Halocare	Provicare	Nolvodex
1	1	150 mg	75 mg	30 mg	60 mg	100 mg	20 mg	An Extra bottle of 30x20mg Nolvadex tablets have been added as it is very likely they may be needed at some point during this period of the cycle, even though the Provironum will act as an anti estrogen some signs of gyno may still develop for sensitive individuals, Always better to be safe than sorry, any nolvadex that is not used can simply be added to PCT.
	2			30 mg	60 mg	100 mg	20 mg	
	3	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	4			30 mg	60 mg	100 mg	20 mg	
	5	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	6			30 mg	60 mg	100 mg	20 mg	
	7	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
2	8			30 mg	60 mg	100 mg	20 mg	
	9	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	10			30 mg	60 mg	100 mg	20 mg	
	11	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	12			30 mg	60 mg	100 mg	20 mg	
	13	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	14			30 mg	60 mg	100 mg	20 mg	
3	15	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	16			30 mg	60 mg	100 mg	20 mg	
	17	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	18			30 mg	60 mg	100 mg	20 mg	
	19	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	20			30 mg	60 mg	100 mg	20 mg	
	21	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
4	22			30 mg	60 mg	100 mg	20 mg	
	23	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	24			30 mg	60 mg	100 mg	20 mg	
	25	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	26			30 mg	60 mg	100 mg	20 mg	
	27	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	

Week / Date	Day	Propacure	Rexocure	Primocure	Danacare	Halocare	Provicare	Nolvodex
	28			30 mg	60 mg	100 mg	20 mg	
5	29	200 mg	75 mg	30 mg	60 mg	100 mg	20 mg	
	30			30 mg	60 mg	100 mg	20 mg	
	31	200 mg	75 mg	50 mg	70 mg	100 mg		
	32			50 mg	70 mg	100 mg		
	33	200 mg	75 mg	50 mg	70 mg	100 mg		
	34			50 mg	70 mg	100 mg		
	35	200 mg	75 mg	50 mg	70 mg	100 mg		
6	36			50 mg	80 mg	100 mg		
	37	200 mg	75 mg	50 mg	80 mg	100 mg		
	38			50 mg	80 mg	100 mg		
	39	200 mg	75 mg	50 mg	80 mg	100 mg		
	40			50 mg	80 mg	100 mg		
	41	200 mg	75 mg	50 mg	70 mg	100 mg		
	42			50 mg	70 mg	100 mg		
7	43	200 mg	75 mg	50 mg	70 mg	100 mg		
	44			50 mg	70 mg	100 mg		
	45	200 mg	75 mg	50 mg	70 mg	100 mg		
	46			50 mg	60 mg	100 mg		
	47	200 mg	75 mg	50 mg	60 mg	100 mg		
	48			50 mg	60 mg	100 mg		
	49	200 mg	75 mg	50 mg	60 mg	100 mg		
8	50			50 mg	60 mg	100 mg		
	51	200 mg	75 mg	50 mg	55 mg	100 mg		
	52			50 mg	50 mg	100 mg		
	53	200 mg	75 mg	50 mg	45 mg	100 mg		
	54			50 mg	40 mg	100 mg		
	55	200 mg	75 mg	50 mg	35 mg	100 mg		
	56			50 mg	30 mg	100 mg		
9	57	200 mg	75 mg	50 mg	25 mg	100 mg		
	58			50 mg	20 mg	100 mg		
	59	200 mg	75 mg	50 mg				
	60			50 mg				
	61	200 mg		50 mg				
	62			50 mg				
	63	200 mg		50 mg				
10	64			50 mg				
	65	200 mg		50 mg				
	66			50 mg				
	67	200 mg		50 mg				
	68			50 mg				
	69	200 mg		50 mg				
	70			50 mg				
11	71	200 mg		50 mg				

Week / Date	Day	Propacure	Rexocure	Primocure	Danacare	Halocare	Provicare	Nolvodex	
	72			50 mg					
	73	200 mg							
	74								
	75	200 mg							
	76								
	77	200 mg							
12	78								
	79	200 mg							
	80								
	81								
	82								
	83							80 mg	PCT
	84							60 mg	
13	85							40 mg	
	86							40 mg	
	87							40 mg	
	88							40 mg	
	89							20 mg	
	90							20 mg	
	91							20 mg	
14	92							20 mg	
	93							20 mg	
	94							20 mg	
	95							20 mg	
	96							20 mg	
	97							20 mg	
	98							20 mg	
15	99							20 mg	
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